

Sound Exploration

Music



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WHAT MAKES IT MEANINGFUL

Sound exploration allows participants to experiment with different instruments, objects, and materials to create sounds and rhythms. This activity promotes creativity, self-expression, and sensory awareness, while also supporting cognitive skills such as listening, sequencing, and concentration. Sharing sounds in a group fosters social interaction, teamwork, and confidence. Participants can feel pride in producing music, improvising rhythms, or creating unique sound combinations, making the activity both engaging and meaningful.

TIME

- 30–60 minutes

MATERIALS

- Percussion instruments (drums, tambourines, shakers, bells, xylophones)
- Everyday items that make sound (spoons, cups, plastic containers, water bottles with rice or beans)
- Scarves or ribbons for movement to music (optional)



Activity Title

- Music player for background music (optional)
- Visual cue cards or picture-based instructions (optional for sequencing or rhythm patterns)
- Mats or a designated area for instruments

INSTRUCTIONS

1. Set up instruments on tables or in a circle so participants can see and reach everything.
2. Demonstrate how each instrument or item makes a sound.
3. Encourage participants to:
 - Experiment with different instruments or objects
 - Try creating rhythms or patterns
 - Combine sounds with others to create a “group orchestra”
 - Use scarves or movement to respond to music if desired
4. Optional: Record the sounds or rhythms to playback for participants to hear and reflect on.
5. Discuss or share favourite sounds, rhythms, or patterns as a group.

RESOURCES

- <https://listeningtowaves.com/sound-exploration>

SUPPORTS NEEDED

- Guidance on how to hold or play instruments for those with fine motor challenges
- Demonstration of rhythms or patterns for imitation
- Visual cues for sequencing or turn-taking in group play
- Encouragement and positive reinforcement to experiment and be creative
- Assistance with setting up and cleaning instruments

OTHER THINGS TO NOTE

- Can be structured (e.g., follow a rhythm, create a song) or free-form exploration.
- Works well in small groups or individually to reduce overstimulation.
- Can be themed (e.g., nature sounds, seasonal instruments) to connect with learning goals.
- Group performances can be recorded or shared with family to celebrate creativity.
- Flexibility is key: participants can choose how much or how little they engage with each instrument.